

# *Theoretical Research and Clinical Application of Treating Heart Diseases Based on the Theory of “Regulating the Ying and Wei of Those Who Damage the Heart”*

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**Abstract:** The heart is a key organ of the body, and if there is a disease in the heart area, it can affect the whole body. If the heart is damaged, resulting in a loss of harmony between the Qi and Blood, one can choose to regulate the Ying and Wei to improve the physiological function of the heart and restore it to normal operation. This is also known as “if the heart is damaged, regulate its Ying and Wei”, and we will briefly analyze the application of this theory to heart diseases.

## **1. Introduction**

The phrase “to regulate the Ying and Wei of those who damage the heart” is taken from the Classic of Difficulties, meaning that if the heart tissue is damaged, it can be treated through the theory of Ying and Wei, which is the fundamental treatment of heart diseases in Chinese medicine. It also provides a feasible way of thinking for the treatment of heart diseases in modern clinical practice. However, its application requires the study of the physiological and pathological relationship between yingwei and the heart, the basis of the TCM theory of harmonizing yingwei, and then the analysis of its practical application.

## **2. The Physiological and Pathological Relationship between Ying and Wei and the Heart**

Because the heart is the master of blood vessels, the heart part is mainly responsible for blood circulation, promoting the operation of qi and blood, constantly transporting nutrients to various organ systems throughout the body, and then enabling nutrients to nourish various tissues and organs<sup>[1]</sup>. At the same time, the heart can also produce blood, and the spleen and stomach can transform the food eaten into the essence of water and grain, which can then be transformed into Ying Qi and fluid, and through the action of the heart part, transformed into blood and transported to other The normal metabolism of the body is maintained with the help of normal blood circulation. Therefore, the normal operation of Ying and Wei is mainly dependent on the physiological function of the heart. Ying and Wei are transported to the meridians, where they are transformed into blood

and provide nourishment for the growth of the whole body organ system; at the same time, Wei Qi is injected into the outside of the meridians, where it can consolidate and defend the muscle surface and warm the organs of the internal organs. Ying and Wei and Yin and Yang develop each other and operate in harmony, so they can both nourish the heart and control the maintenance of the normal operation of the blood system.

And Ying and Wei are closely related to the occurrence of heart disorders. First, if there is a loss of harmony between Ying and Wei, it may lead to hyperactive heart fire, and the main symptoms are fever and sweating, because the loss of harmony between Ying and Wei leads to damage to heart qi, loss of control of Wei qi, and loss of control of Ying yin and the problem of sweating. This aspect can be either weak Wei and strong Ying, or strong Wei and weak Ying, so heart disorders usually present with symptoms of spontaneous sweating and night sweating. Secondly, if Ying and Wei are deficient, it will cause the heart to lose its nourishment, because the role of Ying and Wei is mainly to fill and nourish the blood, and if it becomes weak and damaged, it will cause the Qi and blood of the internal organs to be adversely affected, and the heart and blood are the first tissues to be affected. If the Ying-Blood is not nourished and the Wei-Qi is not consolidated, resulting in external evil attacking the heart and mind, it will lead to a variety of heart disorders, such as insomnia and palpitations<sup>[2]</sup>.

### **3. The Traditional Chinese Medicine Meaning of “Harmonizing Ying and Wei”**

The term “harmonization of Ying and Wei” is a technical term used in Chinese medicine theory, which is a treatment method to release the muscle and adjust the disharmony of Ying and Wei. The main purpose of Ga theory is to correct the disharmony of Ying and Wei, which can release the invasion of wind evil. If the body surface is exposed to wind evil and invaded by it, it may trigger the problem of ying-wei disharmony, which mainly manifests as headache and fever, sweating and weak pulse. The pathogenesis of the heart system diseases is mainly the original deficiency and the standard actuality. In the case of individuals with deficiency, it manifests as Qi deficiency, Yin deficiency and Yang deficiency, while in the case of individuals with standard actuality, it manifests as blood stasis, cold condensation, phlegm and Qi stagnation, and these two conditions can exist simultaneously. This deficiency can lead to a loss of harmony between Ying and Wei, which in turn can lead to a loss of balance between Yin and Yang, affecting the flow of Qi and Blood, leading to Qi stagnation and Blood stasis, poor blood circulation, and a loss of nourishment for the Heart Vessel. The heart is the master of blood vessels, so if there are problems such as qi stagnation and blood stasis, this can lead to abnormalities in the qi and blood of the heart, which can then lead to disease. Ying and Wei are the basis for the normal survival of the body, in which, Wei travels outside the veins, Ying is the main blood and passes through the meridians, and there is Qi in the blood; Wei is the main Qi and passes through the ligaments, and there is Blood in the Qi, which requires the interaction of Qi and Blood as the root<sup>[3]</sup>. Because Ying and Wei are the fundamentals of human beings, the treatment of cardiac diseases from the perspective of harmonizing Ying and Wei implements the concept of regulating the organism as a whole in the treatment of diseases in Chinese medicine.

The underlying cause of hypertension, for example, is also damage to the heart, which is manifested by elevated blood pressure. However, the etiology of its primary cases is not clear, and the specific pathological mechanisms involve endocrine, circulatory, and metabolic aspects. The clinical treatment of it is generally to take antihypertensive drugs, but it requires long-term adherence, and even individual doctors are required to adhere to the medication. From the

perspective of Chinese medicine, the specific understanding of the disease is analyzed from a philosophical point of view. For example, in terms of hypertension, the causes of the disease in Chinese medicine can be described as the six external influences, the seven internal injuries, the five internal evils, and the deficiency of positive energy. These causes mainly affect the metabolism of the body through the Ying-Wei system, which leads to the problem of elevated blood pressure, which in turn causes heart damage.

#### 4. Clinical Application of Harmonizing Yingwei

The use of Gui Zhi Tang and other drugs can solve the problem of disharmony between Ying and Wei. In the prescription, Gui Zhi can detoxify the muscles and dispel wind, so that the wind evil can leak out from Wei, which is the main medicine; while Paeonia lactiflora can astringent Yin and harmonize Ying and Wei, which is complemented by jujube and ginger, and licorice plays the role of harmonizing all the medicines<sup>[4]</sup>. Gui Zhi Tang is also a representative medicine for harmonizing Ying and Wei in TCM clinics, and it is effective for many cardiac disorders. After identification and treatment, herbalists can use Gui Zhi Tang with addition and subtraction to treat other disorders, such as blood paralysis, deficiency labor, and Penetrating Qi.

When carrying out treatment, it is necessary to distinguish the priorities. In the case of Yang and real evidence, the evil needs to be dispelled first, while in the case of deficiency and cold evidence, the right needs to be supported first. If the disease cannot be clearly distinguished from the specimen, it will lead to a failure to take care of the priorities, and then a failure of deficiency. For individuals with symptoms such as headache, cold, fever, dry vomiting, and spontaneous sweating, Gui Zhi Tang is appropriate.

Another example is blood paralysis, which is mainly manifested as localized muscle numbness, also due to the lack of Qi and blood in the Ying and Wei causing the disease, the treatment requires the choice of Huangqi Guizhi Wuwu Tang, which can warm Yang and move paralysis. In the formula, Huangqi can tonify Qi, while Guizhi and Paeoniae have the effect of promoting Yang and removing paralysis, and ginger and jujube are responsible for harmonizing the Ying and Wei, so the combination of all the herbs together produces the effect of warming Yang and moving paralysis. This formula can invigorate Yang Qi, warm the Blood and harmonize the Ying and Wei, so it is useful for diseases related to Qi deficiency and Blood stagnation and disharmony of the Ying and Wei. For example, the weakness of hands and feet and the lack of benevolence in the limbs that occur in the post-stroke syndrome can also be effectively treated with this formula<sup>[5]</sup>.

#### 5. Conclusion

The incidence of cardiac diseases is increasing in the current era. According to the analysis of TCM theory, the root cause of cardiac diseases is the disorder of ying-wei, which has a great relationship with the heart's blood vessels and the mind. Therefore, the treatment method of “regulating the ying-wei and supplementing its deficiency” is useful for cardiac diseases. Moreover, TCM treatment not only focuses on the elimination of the causes of the disease, but also on the adjustment of physiological factors such as diet and exercise, so the effect is more significant. In this paper, we will summarize and analyze the effect of “regulating the Ying and Wei of those who damage the heart” on heart diseases from the perspective of Chinese medicine.

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